1:Griffiths M-5 (ca. 1940) 1946 AW37 Kol AW37

262 include, fish, goat, chicken, hare, mutton, buck, and even pork. Apparently carrion is never eaten. The flesh of the deer may be eaten but not that of the tiger. The villager is an adept at preparing vegetables for his curries, and throughout the year depends largely upon the following according to the seasons: *sags* of various kinds; egg plants; pumpkins and gourds; okra; potatoes, both ordinary and sweet; onions; roots of various plants; and corn on the cob roasted until it is brown.

262 527 574 [681] 623 [782] [623 624] [272]

The community feast, or feasts, given to a relatively large group on special occasions, are things which help to break the monotony of diet. Community feasts are usually paid for out of the proceeds of fines levied by the *panch*. An individual also may give a feast as a thank-offering, or at child-birth, at the time of a wedding, or at death. One of the favourite foods is said to be a preparation described below known as *bara*, and is served at every feast. If some social event should make a feast obligatory, and if the person concerned should fail to provide the expected meal, the *panch* brings pressure upon him to do so. If he still fails, the person is boycotted for a period. The usual menu at such a feast includes rice and *chapatis*, pulse, vegetable curry, *chatni*, *bara* and if they can be afforded, meats of various kinds. Kols drink milk when it is available and apparently do not feel that all milk should be kept for the calf, as some Munda tribes believe. Milk is also used in the preparation of certain special foods, such as *khir*, which is used for the child's first feeding. See below.

262 [259] [783] [186] [146]

Foods are usually divided into two classes: *pakka* and *kachha*. The former kind is cooked in *ghi* or *ghi* is used in its preparation, and the latter is simply cooked with water. *Ghi*, like other products from the sacred cow, protects from impurity. While caste Hindus have numerous restrictions in connection with this classification, the Kols do not seem to be particular in this regard. They will take food cooked by "clean" Hindu castes, but never from those castes which they consider below them, such as Chamars, Mahars, Dhobis, Basors, and Doms. Nowhere Kols seemed to be starved nor emaciated. Apparently, they have enough to keep them in fairly good health, though not in abundance. We did not find stout people among them.

The main food-stuffs are listed below. In an average Kol house all of these are probably not found at any one time, but they are those used when available:

Grains: Wheat, rice, millet (in northern areas).

Pulses: Black pulse (*Phaseolus radiatus*). Red and yellow types (*Cajanus indicus* and *Dolichos lablab*).

Oils: Mustard oil usually from *Guizotia abyssinica*. Sweet oil ex-

1 Griffiths M-5 (ca. 1940) 1946 AW37 Kol AW37

844
171

cord the child will die if this is eaten; if it is buried deeply the child's teeth will appear late and if shallow they come early.[1]

844
754

No traces of corresponding beliefs were found among the Kols, but they have the conviction, common to village India, that, should wrong persons get possession of the placenta and the umbilical cord they are likely to be used in magical practices dangerous to the mother and the infant. They should therefore be well-guarded and no outsider should have access to them; this is why they usually are not taken out of the house and are buried beneath the floor. A childless woman, by eating a portion of either the placenta or the umbilical cord may dispel the influences which keep her barren, but in so doing there is every chance that it will result in injury and even death in the family from which she received by stealth the required parts.

[842]

846

The work of the *dai* ordinarily lasts for six days, that is, during the full period of the uncleanness. Sometimes however, this is dispensed with as far as the full period is concerned, but during the time the *dai* is in the house it is her duty to care for the mother and child. For the first three days the mother is not supposed to take anything except a little milk but after that period is over she eats a bit of food after the first bath. If the child is a male the *dai* is usually paid one rupee for her work, and if the child be of the other sex, half that amount. During the period of her work the *dai* is given food from the household and when she leaves certain other presents and clothes are likely to be forthcoming. No difference in the period of uncleanness is made on account of sex—in either case it lasts for six days. In some places there is a relaxation of the strictness after the third day. A special drink said to be made of "ginger root (*Cleomis vissosa*), raw sugar (*gur*) and certain jungle roots boiled together" is given to her three times a day until she is stronger.

[262
272]

[757]

846
789
824

During this period the mother is confined to her room. She should not touch anything and should spend the time lying down. Certain measures should now be taken to protect the mother and the young child from evil influences. These influences are particularly malignant during the first six days, but may be overcome by certain methods. A small fire should constantly burn in the lying-in room and should be kept alive by wood from the *bel* tree (*Aegle marmelos*). *Bel* is the wood of the gods and they are attracted by its smoke and no evil spirits dare be present at the same time. Sometimes twigs of *bel* wood are placed beside the infant or a twig of the same may be imbedded in the floor. The wood of the *nim* tree (*Melia azadirachta*)

1 *The Birhors*, p. 223.

lcGriffiths M-5 (ca. 1940) 1946 AW37 Kol AW37

examples are current among low caste Hindus and do not represent the more polished type to be found higher up.

Milk. The use of milk has been mentioned in connection with the magic circle. The good spirits like it, and certain evil spirits are passionately fond of it. Milk is scattered over the ashes after the funeral pyre has burnt down. Milk propitiates Nag, the serpent god.

Names. Great care should be exercised in the selection and use of names, as they become a part of one's personality. A good name is also attractive to evil spirits, and if the spirits come to know that a certain child has such a name they may make an attack on the innocent thing. Therefore, call the child by an evil name such as 'fly', 'filth', 'one-eyed', and the spirits will not condescend to notice him. Such names protect in another manner as well. If one gets possession of the name of someone—his real name—he may, through the charms of black magic, work harm to the person concerned. Therefore the child's true name should never be known to people lest they should work ill with it. The use of magic on a false name is ineffective and no harm can come to one.

Noises of various types are demon-scarers for they dislike noise; hence the beating of drums, the occasional fireworks and other devices, by which loud noises are produced when necessary.

Nuts and Seeds of various kinds are useful. Many Kol children have a *ghata* nut (*Ziziphys xylopyrus?*) tied to a string which is hung somewhere about the person, often on the wrist. Mustard seeds are freely sprinkled about if spirits are expected, and, as in the case of limes, distract their attention. They are scattered round the place where a body is burnt. Black *urad* pulse (*Phaseolus radiatus*) is often used on similar occasions. The *supari* nut (*Areca catechu*) is placed below the sacred pole in the marriage booth and under the foundation stone of the house. These are in this manner protected from evil.

Salt has its magic use among the Kols. It has a preservative power, and this, together with its power over demons, accounts for its being scattered over the place where the dead have been cremated. It should not be put into the food during the period of mourning after a death in the home, and the chief mourner should not use it for a year.

Scape Animals. Among Kols there is a belief that an evil spirit resident in a man may be transferred to an animal and the man thus freed. It is not unusual to bring a man believed to be possessed of a spirit before the shrine together with a chicken or goat, usually the former. The *panda* invokes Khermai amid singing and drumming, or mostly drumming, and there may be a *bura* along with it. Under